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## (54) FOOD AND DRINK AND ITS PRODUCTION

## (57)Abstract:

PROBLEM TO BE SOLVED: To obtain a food and drink hardly having a bitter and astringent taste, capable of ingesting a large amount thereof and excellent in efficacy of a medicine by including catechins, caffeine and a cyclodextrin in the specific ratio.

SOLUTION: This food and drink include catechins containing a proanthocyanidin polymer, caffeine and a cyclodextrin such as  $\beta$ -cyclodextrin in a ratio of  $\leq 0.1$  pt.wt. caffeine and 0.1-20.0 pts.wt. cyclodextrin based on 1 pt.wt. catechins. Moreover, the food and drink is obtained by acting an activated carbon such as the carbon activated by water vapor on an extract of a tea containing the catechins and the caffeine in the presence of the  $\beta$ -cyclodextrin, and removing the caffeine in the extract of the tea by an adsorption of the caffeine on the activated carbon.

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